



Behind the Curtain

Mental Health Services For All Stages
of Life Within the Publicly Funded
Behavioral Health System

April 13, 2022



Who We Are



Rachael Majeres
Treatment Team
Program Specialist



Andrea Heronimus
Treatment Team
Program Manager

Meet Our Panelists



Lindsey McCarthy, MSW
Southern Plains Behavioral Health Services



Aimee Janvrin, MA, LPC-MH, QMHP
Behavior Management Systems



Melissa Tauer, MS, LPC-MH, QMHP, NCC
Southeastern Behavioral Healthcare

Presentation Objectives

The purpose of this presentation is to bring awareness to the publicly funded mental health services throughout the life span.

Presentation Outline:

- Explain Community Mental Health Centers and who they serve.
- Describe services available for children and their families.
- Describe the range of services available for adults.
- Include conversations with our panel of providers.
- Share success stories.
- Highlight programs and services that support mental health, including 988, Appropriate Regional Facilities & the Behavioral Health Voucher Program.

By the end of this presentation the audience should...

- Know how to access publicly funded behavioral health services, regardless of life stage
- Gain knowledge on services that are available for children, families, and adults
- Understand the wide spectrum of services that are available and how these services differ from a “typical” mental health clinic



About DBH

The Division of Behavioral Health (DBH) supports a comprehensive array of publicly funded behavioral health treatment and supportive services.

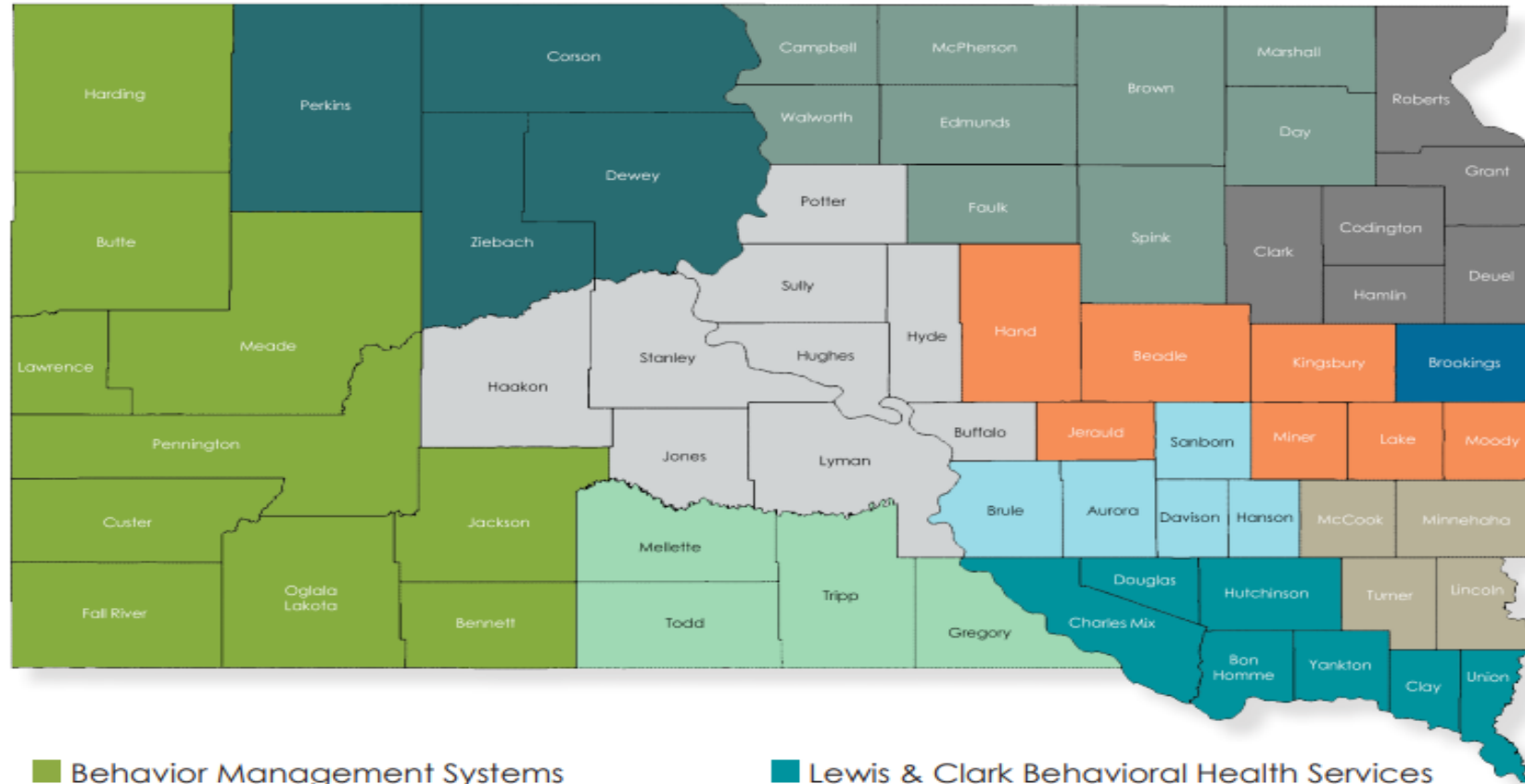
Publicly Funded Behavioral Health Treatment Services

- Outpatient mental health services
- Outpatient and inpatient substance use disorder treatment services
- Support and recovery services
- Prevention services

Community Mental Health Centers



South Dakota Community Mental Health Centers



- Behavior Management Systems
- Brookings Behavioral Health and Wellness
- Capital Area Counseling
- Community Counseling Services
- Dakota Counseling Institute
- Human Service Agency

- Lewis & Clark Behavioral Health Services
- Northeastern Mental Health Center
- Southeastern Behavioral Healthcare
- Southern Plains Behavioral Health Services
- Three Rivers Mental Health and Chemical Dependency Center

How to find treatment services

<https://dss.sd.gov/behavioralhealth/agencycounty.aspx>

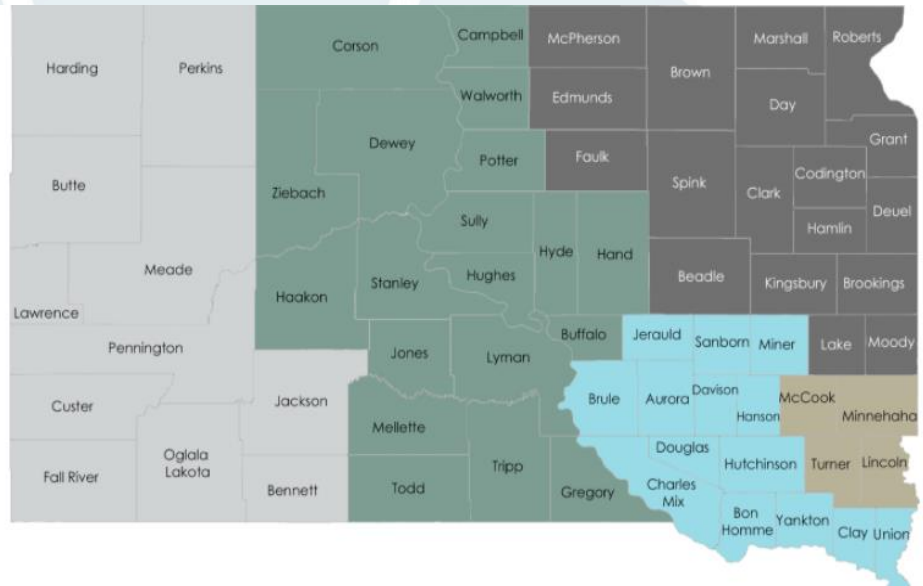
or call the 24/7 Treatment Resource Hotline at 1-800-920-4343

Behavioral Health Services County Map

Mental health and substance use disorder treatment services are available including if you need assistance in paying for services. Click the county nearest to you for contact information or visit the national [Behavioral Health Treatment Services Locator](#).

In an effort to increase access to publicly funded services, the days/hours of substance use disorder providers offering walk-in assessments is provided below.

- [List of substance use disorder treatment providers offering walk-in assessments](#)



Outpatient Services

- Individual, Family, and Group Counseling for All Ages
- Treatment for a Wide Range of Problems Including:
 - Stress
 - Anxiety
 - Depression
 - Relationship Difficulties
 - ADHD
 - Parent/Child Issues



Poll #1: Where do CMHC staff deliver services?

- A) In an office
- B) In a coffee shop
- C) At schools
- D) At client's home
- E) All of the above

Answer: All of the above

E) Services from a CMHC community based and are delivered at the location that works best for the client.

Child or Youth and Family Services

Serving children with a Serious Emotional Disturbance and their families

Services may include:

- Case Management
- Individual Therapy
- Psychiatric Services and Medication Management
- 24-hr Crisis Assistance



Specialized Services



Treatment Services for Justice Involved Youth:

Aggression Replacement Training (ART)

Functional Family Therapy (FFT)

Moral Reconciliation Therapy (MRT)

Systems of Care (SOC):

Care coordination for youth & families with complex needs

Intensive Family Services (IFS):

For families of youth in placement facilities

Poll #2: What is the primary mental health diagnosis among youth?

- A) Depressive disorders
- B) Anxiety, Trauma & Stress disorders
- C) ADHD
- D) Conduct & Impulse Control disorders

Answer:
B) Anxiety, Trauma & Stress Disorders

New Alternatives Program For Transition Age Youth



Mental Health Services Provided
through Behavior Management
Systems (BMS)

Program through Lutheran Social
Services (LSS) Includes:

- ✓ Housing in 2-bedroom Apartments
- ✓ Developing independent living skills
- ✓ Emphasis on education and employment
- ✓ Fosters development of community support systems

Admission Requirements:

1. Youth between ages of 18-21
2. Meet criteria for Serious Emotional Disturbance or Serious Mental Illness
3. In need of intensive independent living assistance as a result of their mental illness
4. Needs will not be met in a lower level of service

OnTrack SD: Coordinated Specialty Care

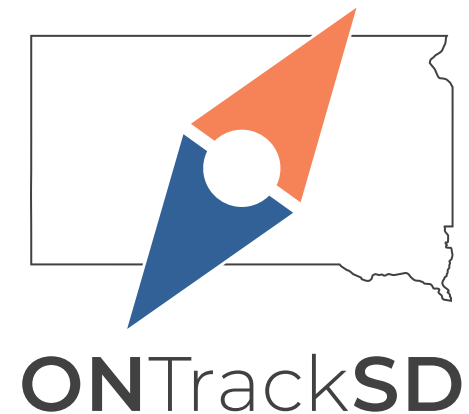
Program for individuals experiencing a First Episode of Psychosis (FEP)

Evidence-based practice developed by OnTrack NY

Early intervention services to promote long-term recovery and reduce disability

Program Site:

Southeastern Behavioral Healthcare
100 W 5th St. Sioux Falls, SD
Available Statewide via Telehealth



Poll #3: What is the priority population served by a community mental health center?

- A) Anyone with Depression or Anxiety
- B) Anyone under age 18 with a Serious Emotional Disturbance
- C) Anyone over age 18 with a Serious Mental Illness
- D) Both B & C are Correct

Answer:
D - Both B & C are Correct

Services for Adults with Serious Mental Illness



Programs Include:

- Comprehensive Assistance with Recovery (CARE)
- Individualized & Mobile Program of Assertive Community Treatment (IMPACT)
- Projects for Assistance in Transition from Homelessness (PATH)

Poll #4: Can a community mental health center provide services virtually?

- A) Yes, of course they are flexible in service delivery
- B) No, services can only be in-person

Answer:

A) Yes, of course they are flexible in service delivery

Telehealth Services

Eligible Services

Mental Health

- Psychiatric Evaluation, Intake, Screenings and Testing
- Medication Management
- Individuals Therapy
- Family Therapy
- Group Therapy



Additional Treatment Services





Mental Health Court

Locations:

- Pennington County
- Minnehaha County




Behavioral Health Voucher Program

Target Populations

Adults and Youth impacted by natural disasters in 2019 and/or the ongoing COVID-19 pandemic

Farmers or Ranchers and their family members

Funding assistance to support mental health and/or substance use disorder treatment services



HERE TO *provide care*

STRENGTH TAKES COURAGE

CALL 211

VISIT 605STRONG.COM

Please get the support you need from people who care.
We're here 24/7.

605 STRONG The Road to Recovery
Behavioral Health Voucher Program



Celebrating Success!



But wait, there's
more!!!!



- 988 National Suicide Prevention Lifeline
- Crisis supports
- Virtual crisis care
- Appropriate Regional Facilities

National Suicide Prevention Lifeline (NSPL) and 988

The nation's public safety net for all American residents in emotional distress or suicidal crisis

- In South Dakota, there is 1 crisis center which is a member of Lifeline, the Helpline Center in Sioux Falls



Additional information can be found at: <https://dss.sd.gov/behavioralhealth/grantinfo.aspx>, 988 Planning Grant tab

Mobile Crisis Teams and Virtual Crisis Care

Mobile Crisis Teams/Crisis Stabilization

Mobile services which provide a response to individuals experiencing a behavioral health crisis in the community

Goal to provide the least restrictive and most effective response for an individual in crisis

- Southeastern Behavioral HealthCare
 - Sioux Falls area
- Capital Area Counseling
 - Pierre area
- Care Campus – Behavior Management Systems
 - Rapid City area

Virtual Crisis Care – Avel eCare

Provides law enforcement with 24/7 access to behavioral health professionals

A resource when local crisis response services are not available

Utilizes tablet technology

De-escalation, stabilization and safety assessment

Connection to local mental health resources for follow-up care.

<https://ujs.sd.gov/Resources/VirtualCrisisCare.aspx>



Appropriate Regional Facilities

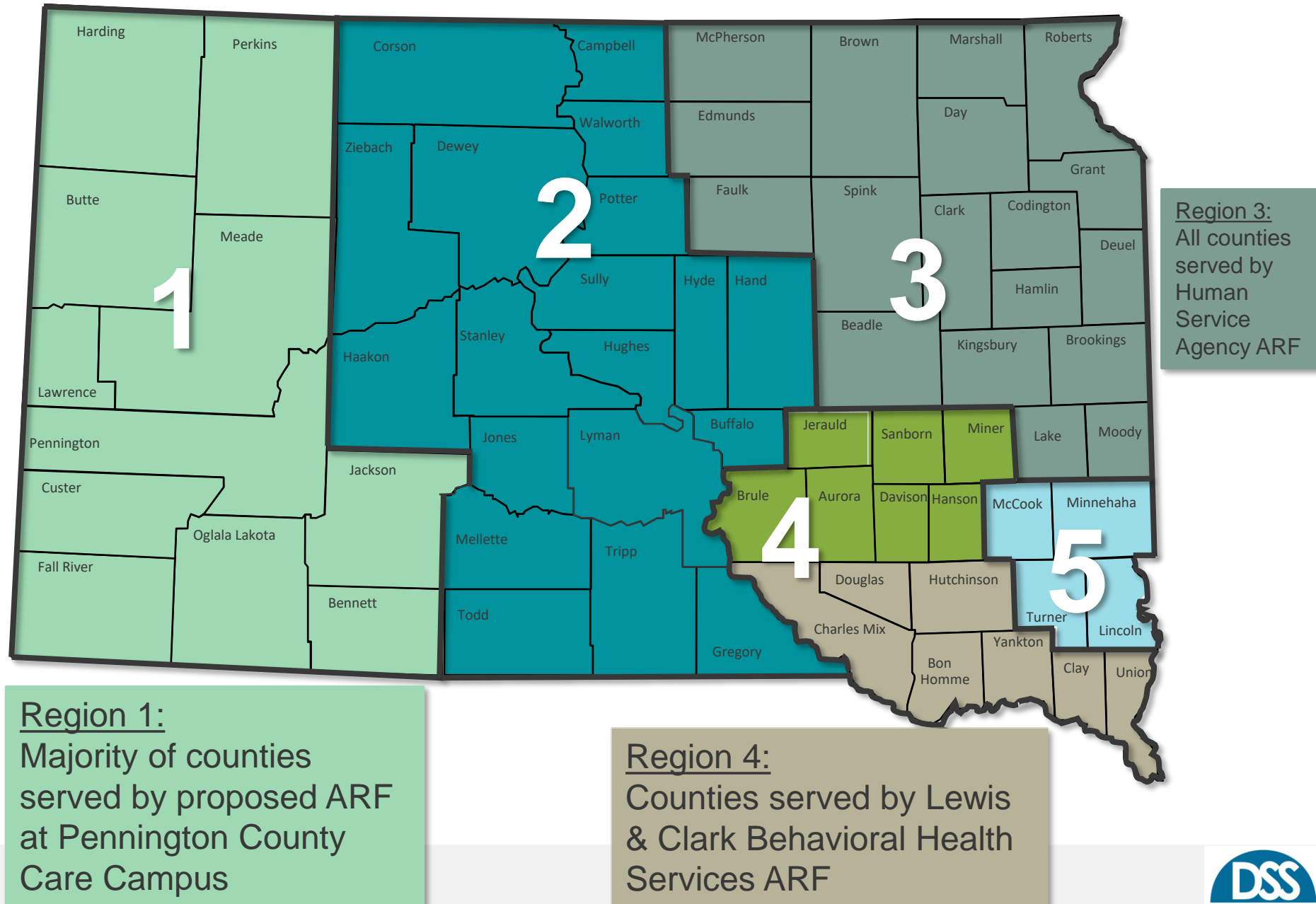
Senate Bill 4

Legislation passed during the 2020 Legislative Session allows other types of providers to seek designation and provide this service.

Supports allow some individuals experiencing a mental health crisis to be stabilized closer to home

Result of the Reduce the Overall Use of Acute Mental Health Hospitalization Task Force

Additional Appropriate Regional Facility Capacity



Q&A Session

Please submit any questions you have in the chat or Q&A box!



Thank you!

- Survey link in chat
- Slides and other related information will be sent to participants' emails



Beyond the Curtain



NEXT UPCOMING WEBINAR:

July 13th, 2022

“How Do I Help”

Register here:

www.cognitoforms.com/SDDivisionOfBehavioralHealth/beyondthecurtainhowdoihelpwebinar



Contact Us

Division of Behavioral Health

605.367.5236

dssbh@state.sd.us

